

Human Development

Chapter 14 – Young Adulthood: Personality and Sociocultural Development

p. 472

Love and work are involved in development during young adulthood.

p. 473

Continuity and Change

Stable personality is typically not achieved until the later part of young adulthood.

Personality is not set in concrete. Abrupt changes in family, work, and social life, can influence personality at any point of the lifespan.

Self, Family, and Work

For fathers, a more positive work experience can have a positive effect on parenting style.

The Personal Self

Maslow's approach was less about stages and more about needs which must be met in order to achieve before a person can reach true potential –*Self-actualization*.

Humanistic psychology – The view that humans actively make choices and seek to fulfill positive personal and social goals.

p. 474

Domains of Self – adult development that involves dynamic interactions among the self as an individual, a family member, and a worker which take place within the context of community and culture.

Maslow's Hierarchy of Needs – A collection of needs/drives/desires that must be met for a person to achieve full potential. No one is more important than another, but lower needs are required before higher ones can be addressed.

p. 475

Conditions of worth – external values of what is worthwhile that are often impossible to fulfill.

Unconditional positive regard – Rogers proposition that we should warmly accept another person as a worthwhile human being, without reservations or conditions.

p. 475

Self as a Family Member

Louis Hoffman's four aspects

1. *Emotional independence* – less dependence on parents for social/psychological support.
2. *Attitudinal independence* – development of attitudes, values, and beliefs that may be different from the parents
3. *Functional independence* – ability to take care of financial and other day-to-day problems of living
4. *Conflictual independence* – ability to separate from parents without feelings of guilt or betrayal

Young adults who are unable to complete the separation process – especially conflictual – are more likely to develop psychological adjustment problems.

Self as Worker

Work can serve different function for individuals. It can be;

- Just a job / a means of survival / to provide money
- A chance to be creative and productive
- An addiction

p. 477

Intrinsic factors of work – satisfaction workers obtain from doing the work in and of itself.

Extrinsic factors of work – satisfaction in the form of pay, status, and other rewards for work.

p. 478

Friendships can be an important extrinsic factor particularly for low skill, low ceiling jobs and can provide emotional support.

Extrinsic factors can also affect health. High job demands combined with unclear supervision can lead to stress related illnesses.

p. 479

Forming Close Relationships

Adult Friendships

Close friends are

- People we can trust and rely in times of difficulty
- Always ready to help
- Whom we enjoy spending time with

Close friendships are characterized by positive emotional attachment, need fulfillment, and interdependence – characteristics closely akin to those of love.

p. 480

Sternberg's Triangular Theory of Love

Three components of Sternberg's theory

1. *Intimacy* – sense of being connected or bound to the loved one. Sharing may be most important in converting dating to marriage.
2. *Passion* – physical attraction, arousal, sexual behavior
3. *Decision/commitment* – being in love and making the commitment to maintain it.

Combinations:

- *Romantic Love* – Intimacy + Passion
- *Fatuous Love* – Passion + Commitment
- *Companionate Love* – Intimacy + Commitment
- *Consummate Love* – Intimacy + Commitment + Passion